



A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging
Email: cfiorello@georgetownma.gov

Vol. 18/Iss. 1

July 2016

Website: www.georgetownma.gov

Director's Notes... As my elementary and upper elementary school years came to an end each year, the start of summer camp quickly approached. Camp was a church affiliated two-week summer camp in the foothills of the Laurentian Mountains in Quebec. Located on isolated lakes only populated by rock trout and loons, we slept in cabins as younger girls and then in tents when we moved up to the older girls' camp. I looked forward to going each year. At the same time that I carefully marked off each remaining school day on the calendar, I began checking items on the camp packing list. Sleeping bag, pillow, flashlight, new book (either Nancy Drew or the Black Stallion), addressed and stamped envelopes for letters home, extra shorts and shirts with my name sunscreen or insect repellent but we did wear over our bathing suits! Days were filled with hikes, and crafts to campfires and nature lessons. between cabins and tents! We were busy but the grass looking at the night sky or feeding adventures that I continue to recall and tell my all before! Along with a vast repertoire of camp ivy, I came away with lifelong lessons on friendship, how to work cooperatively and a deep appreciation for nature and the world that we live in. Except for sleeping outside on the ground, I would do it all again! This summer, I hope that you will enjoy some long summer days filled with fun family visits, lemonade on the porch, trips to the seashore or to the lake. Wherever you go, wear sunscreen, bring insect repellent and mind the poison ivy – but come home with stories to share!



It's exciting! As work progresses at the Georgetown Senior Community Center, new and repurposed furnishings stand at the ready in one of the three future activity rooms. General Contractor Ambient Temperature Corp. of Newburyport has met with inspectional services and will soon begin rough electrical work as well as the installation of heating, ventilation and cooling systems. Stay tuned!

Warning: Unclaimed Property Scam Circulating

Fraudulent letters from a Massachusetts address have been sent to citizens across the state claiming "unclaimed property winnings". According to state Treasurer Goldberg, the letters have not been sent by either the Massachusetts Office of the State Treasurer or the National Association of Unclaimed Property Administrators (NAUPA). Official unclaimed property notices will never direct owners to pay money, whether for processing fees, tax payments, or otherwise, when searching unclaimed property or filing a claim. The official Massachusetts Treasury website for unclaimed property, <http://www.findmassmoney.com/> is free of charge to search & claim. The Office of the State Treasurer & Massachusetts Legislators use the mail to inform owners of unclaimed property. Official letters are mailed from Boston, Massachusetts with a return address; they will direct owners to an official <http://www.mass.gov/> website; & they will bear the official seal of the State of Massachusetts along with the signature of the Treasurer. Unclaimed property includes forgotten savings & checking accounts, un-cashed checks, insurance policy proceeds, stocks, dividends, & the contents of unattended safe deposit boxes. Most accounts are considered abandoned & are turned over to the state after three years of inactivity. For questions regarding unclaimed property, please visit the Treasury's official website, <http://www.findmassmoney.com/> or call 888-344-MASS (6277). An example of a fraudulent letter is available: www.mass.gov/treasury/scamletter.

The COA and all activities will be closed on Monday, July 4 for Independence Day.

"A Few Gray Hairs" Newsletter is made possible by a grant from the Massachusetts Executive Office of Elder Affairs.

July Activities

ACTIVITIES ARE HELD AT THE FIRST CONGREGATIONAL CHURCH UNLESS OTHERWISE NOTED.



CALL US AT 978-352-5726.



JULY VAN SCHEDULE 2016

Shopping Date	Location	Recreation Date	Location
July 5	NO VAN – Brown Bag Only	July 7 9:30	Super Walmart/Salem, NH
July 12 9:30	Riverside/Haverhill	July 14 9:30	Plum Island Airfield/Bob's Lobster
July 19 9:30	Newburyport	July 21 10:30	Seabrook, NH
July 26 9:30	Plaistow, NH	July 28 10:30	Haverhill

JOIN US MONDAY – WEDNESDAY MORNINGS from 9-10:30 a.m. at the First Congregational Church for cards and cribbage games! Hot coffee and snacks are a great way to reconnect with friends!

SHINE OFFICE HOURS: Mon. July 11, 9-11 a.m.
Town Hall, 2nd Floor

SHINE Counselor Jerry Goldberg will be here to answer health insurance questions. **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** If you cannot come to the scheduled hours, the COA can contact our SHINE counselor to make other arrangements for you. To schedule an appointment, call (978) 352-5726.

VISITING NURSE: Wed. July 6, 9:30-10:30 a.m.
First Congregational Church

Public Health Nurse **Pam Lara** provides blood pressure checks, heart assessments, & medication information & discusses any medical concerns seniors have. Barbara Muse, R.N., a visiting nurse, is also available for Trestle Way residents in their Community Building on the first Wednesday of each month from 12 - 2 p.m.

MEN'S BREAKFAST: No Men's Breakfast in July
Trestle Way Next breakfast: Thurs. August 4.
With great appreciation, the COA thanks Crosby's Markets for their sponsorship & the Georgetown Housing Authority for their partnership in offering the monthly program. **To make reservations, call 978-352-5726.**

Local Legislators' Office Hours

The following legislators, or their representatives, will be on hand at **Town Hall** 2nd Floor Conference Room to meet with constituents to answer questions, hear comments or provide assistance. The public is welcome. For more information, contact the COA at 978-352-5726.

Rep. Lenny Mirra: For Date/Time Call: (617) 722-2130 Leonard.Mirra@MAhouse.gov	Sen. Bruce Tarr: No July Office Hours 10:30-11:30 a.m. Bruce.Tarr@masenate.gov
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Free Legal Help offered by Atty. Elaine Dalton

NO APPOINTMENTS IN JULY & AUGUST
Appointments will resume Tues. Sept. 27, 10 a.m.

OVER THE HILL BAND & Annual BBQ:

Tues. July 19 Band @10 a.m. BBQ @ 11:30 a.m.
First Congregational Church Details pg. 3

PLUM ISLAND VAN TRIP: Thurs. July 14 9:30 a.m.
Details on pg. 3.

It's A Double Celebration!



July Birthday Lunch & National Ice Cream Month

Wed. July 27
11:30 a.m.

First Congregational Church

Birthday Lunch:

- ◇ Free to birthday celebrants
- ◇ All others are a \$2
- ◇ Lunch reservations are required

After lunch, indulge in a favorite treat:

- ◇ Make Your Own Sundaes
- ◇ Multiple Toppings
- ◇ Whipped Cream
- ◇ Cherries (of course!)



RSVP before Wed., July 20.
978-352-5726

Health & Wellness Classes

Yoga classes are held at First Congregational Church.
Strength Training Classes are held at Trestle Way.
Newcomers & beginners welcome.
There is a SUGGESTED DONATION of \$3.00 per class.



Class	Meets on	Time
Yoga (Bring a mat or towel)	Mondays	10:30 a.m.
	Wednesdays	10:00 a.m.
Strength Training	Tuesdays	12:30 p.m.
	Thursday	10:45 a.m.

Walking Club
is on summer hiatus.
More information on this activity will be available in the fall.

B	I	N	G	O
12	21	38	49	63
Georgetown Senior Center		40	Trestle Way Community Room	
Every Monday at noon	Cost: \$1.00/card covers up to 10 Games	Free Space	1 st & 3 rd Wednesdays each month at 1:00 p.m.	Cost: 50¢ & 75¢ per game.
For more info, call (978) 352-5726		33	Contact: GHA (978) 352-6331	
2	29	45	50	72

Please note: When attending any class or program scheduled at Trestle Way, please be mindful to park in non-resident parking only.

YOGA CLASS TIME CHANGES
JULY & AUGUST ONLY

Yoga class will meet on Mondays, 10:30 a.m. and Wednesdays, 10 a.m. First Congregational Church.

Annual Summer BBQ & Concert

Food provided by Elder Services of Merrimack Valley

Tuesday July 19, 11:30 a.m.
 First Congregational Church

Timetable of Events:

✓ 10:00 a.m. The Over the Hill band will set toes to tappin' & hands to clappin'!

✓ 11:30 a.m. Enjoy a classic summer BBQ of:

- Hot Dogs & Hamburgers
- Baked Beans
- Corn on the Cob
- Potato Salad
- Watermelon

✓ **COST: \$2.00**



RSVP REQUIRED by July 12 Call 978-352-5726.

This program is supported in part by a grant from the Georgetown Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



Special Van Trip to Plum Island Airfield

Tour Guide: Charlie Eaton
Thursday July 14

Join us as we explore another hidden gem in our own backyard.

This trip features:

- ◆ Tours of the Burgess & Working Museums
- ◆ Aviation memorabilia
- ◆ History of the 100-year old airfield
- ◆ Renovated classic aircraft

Lunch on your own at Bob's Lobster on the Plum Island Turnpike.

The van will begin to pick people up at 9:30 a.m. Seating is limited. For van reservations, please call the COA at 978-352-5726.



Music at Eden's Edge Summer Series

Music at Eden's Edge Senior/Family Series: free summer concerts at the **First Baptist Church, 221 Cabot Street, Beverly.** (Note new location.) Guests are always invited to stay for refreshments and conversations with the artists following the concerts. It is an enjoyable time for all – and it is all still **free!**

Concert dates are on Tuesdays @ 2 p.m. as follows:

July 12: Time's Arrow (Wolf, Honstein & Shuman),
August 16: Light in August (Donizetti, Bozza, Piazzolla, Corea, & Beethoven), and **September 13: Hope & Glory** (Ives, Mozart & Schubert.).

Local Caregiver Support Groups:

Avita of Newburyport

- 4 Wallace Bashaw Jr. Way, Newburyport
- Meets the 2nd Tuesday of each month
- 6 – 7:30 p.m.
- For info call: 978-225-7000 or email reception@avitaofnewburyport.com

Holy Family @ Merrimack Valley Hospital

- 1st Floor Atrium ~ 140 Lincoln Avenue, Haverhill
- Meets 3rd Wednesday of each month
- 7 – 8:30 p.m.
- Facilitated by Patricia Lavoie, LICSW
- For info call Pat at 978-420-1162 or email patricia.lavoie@steward.org

Bereavement Groups:

Merrimack Valley Hospice: Learning to Live w/Loss

- Riverwalk/360 Merrimack St., Bldg. #9, Lawrence
- Meets 1st & 3rd Wednesday of the Month
- 5:00 – 6:30 p.m.
- For info & registration call 978-552-4510

Merrimack Valley Hospice House: The Grief Journey

- 360 North Avenue, Haverhill
- Meets Wednesday afternoons 2 – 3:30 p.m.
- For info & registration call 978-552-4510

Beginning the Grief Journey ~ for Seniors

Merrimack Valley Hospice House

- 360 North Avenue, Haverhill
- Meets Wed. mornings 10:30 a.m. – 12 p.m.
- For info & registration call 978-552-4510



FRIENDS OF THE GEORGETOWN COA will not meet in July or August. Watch for details in the fall.



Looking Ahead...

August...

Date TBA Van trip to Peabody-Essex Museum

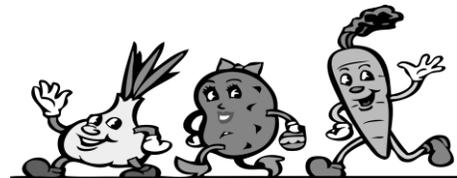
Tues. Aug. 9 ESMV Nutrition Program
10 a.m. on Sodium
First Congregational Church

Tues. Aug. 30 ESMV/Elder Abuse Program
10 a.m. First Congregational Church

September...

Tues. Sept. 13 Charlie Card Program
10:30 a.m. With Sen. Tarr's Office
First Congregational Church

Tues. Sept. 20 "Laugh With The Ladies"/Tea
10 a.m. Delvena Theater
First Congregational Church



Newburyport Farmers' Market Now Accepts EBT/SNAP Cards

The Newburyport Farmers' Market (NFM) will accept EBT/SNAP cards from July 10-Sept. 25, 2016. The NFM also accepts WIC and Senior Farmers Market Coupons.

To help stretch your food dollars, the NFM will double your EBT/SNAP dollars with bonus cash (while supplies last). Example: \$20 on your EBT card + \$20 bonus cash = \$40 to spend.

The NFM is located at Tannery Market Place, 50 Water Street, Newburyport. Hours are 9 a.m. – 1 p.m. every Sunday, rain or shine. For more information, contact thenewburyportfarmersmarket.org.

Council on Aging Services

For information on any of the following services, contact the COA at (978) 352-5726.

TRANSPORTATION/SHOPPING:

The Van is available Tuesdays & Thursdays for door-to-door for shopping and errands. Reservations should be made at least two days in advance by calling the COA office at (978) 352-5726. Monthly Van Schedules are printed in the Newsletter. A small donation is suggested to help with program expenses.

TRANSPORTATION/MEDICAL:

Northern Essex Elder Transport, Inc.

This program provides rides for elders to medical appointments. Arrangements should be made at least **ONE WEEK** in advance by calling the COA office at (978) 352-5726. If the office is closed, please leave a message (and remember that the COA is not open on Fridays). After the ride is arranged, the **DRIVER** will call you the day before the ride. A donation of 43 cents per mile is suggested to help support the program, but no one is turned down due to inability to pay. Please remember: Reservations must be made through the COA office. Clients should not call the drivers directly.

RING & RIDE: Medical, Shopping & General Purpose Transportation & Medi-Ride

Ring & Ride is a free shared van service available to Georgetown residents. It requires 24 hour notice w/reservations made through MVRTA (978-469-6878, option #3). The van can be used for any purpose including medical and shopping in Amesbury, Boxford, Georgetown, Haverhill, Groveland, Newburyport, Lawrence, Methuen, Newbury, North Andover, West Newbury, Rowley Train Station & Market Basket. MVRTA also provides Medi-Ride to Boston area hospitals. For brochures, contact the COA.

HANDICAP PLACARDS

The COA has applications for **HANDICAP placards** available from the Registry of Motor Vehicles.

Meals on Wheels

Available to eligible seniors by calling Elder Services of Merrimack Valley at 1-800-892-0890.

Congregate Meals

The COA Meal Site offers nutritious lunches Monday-Wednesday at 11:30 a.m. Please make reservations by the previous Wed. by calling the COA or in person at the COA Meal Site.

FOOD AND HEAT RESOURCES

For information & assistance w/state & local resources, contact the COA office at (978) 352-5726.

Visiting Nurse

On the first Wednesday of each month, from 9:30 - 10:30 AM, Pam Lara, RN is available at the COA Meal Site to perform Blood Pressure checks, etc. Trestle Way residents July also visit with the nurse in the Community Building on the first Wednesday of each month, noon-2:00 PM.

S.H.I.N.E.

Serving **H**ealth **I**nformation **N**eeds of **E**veryone will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselor Jerry Goldberg at Town Hall on the first Monday of each month.

EQUIPMENT LENDING PROGRAM

COA has medical equipment (Walkers, Canes, Wheelchairs, Bath Seats, etc.) for long- or short-term lending.

FILE OF LIFE & YELLOW DOT PROGRAMS

Both programs provide a health history document to be used by emergency personnel in case of illness or injury. One is for your home, the other for your car.

HEALTH CARE PROXIES

COA has fact sheets and Health Care Proxy forms available upon request.

THE FILE A handy folder which serves as a summary of record of Financial Information, Investments & Insurance, Legal Documents & Estate Management information.

Updated 2/8/16

Georgetown Council on Aging
Memorial Town Hall
1 Library Street
Georgetown, MA 01833

Return Service Requested

We strive to keep our mailing list up-to-date. Please let us know if you would prefer not to receive the newsletter or if the addressee is no longer at this address.

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Haverhill, MA



Georgetown Council on Aging
1 Library Street
Georgetown, MA 01833
(978) 352-5726

Office Hours:

Monday – Thurs. 8 am – 4 pm

Georgetown COA Meal Site
@ 1st Congregational Church
Andover St. ~ Georgetown, MA

Open:

Monday – Wed. 9 am – noon

PUBLIC NOTICE

No Board Meeting In July

NEXT BOARD MEETING:
Tuesday August 23, 2016

Georgetown Council on Aging:

Director: Colleen Ranshaw-Fiorello

Office: Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

Jeannine DesJardins, Volunteer

Meal Site Coordinator: Mickie Locke

Board Members:

Jeannine DesJardins, Chair

Claire Maimone, Vice Chair

Caroline Sheehan, Treasurer

Jean Perley, Secretary/Clerk

Corona Magner, Esther Palardy, Diane

Prescott, Nancy Thompson, Ann

Stewart **Alternates:** Sue Clay &

Janice Downey

Town of Georgetown:

Michael Farrell, Town Administrator

David Surface, Board of Selectmen, Chair

Douglas Dawes, Board of Selectmen

Gary Fowler, Board of Selectmen

Steven Sadler, Board of Selectmen

Joe Bonavita, Board of Selectmen

Georgetown COA Webpage is

located on the town's official website

www.georgetownma.gov.

Council on Aging Mission Statement:

The main objectives of the Georgetown Council on Aging are to advocate on behalf of older adults, to identify their needs, to develop and implement services to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

Inclement Weather Policy:

The Georgetown Council on Aging and Senior Center will be open for business in inclement weather unless all Georgetown town offices are closed. If the Georgetown Public Schools are closed, there will be no van rides or NEET rides, and all COA activities/programs will be cancelled. If the Merrimack Valley Nutrition Project is closed, there will be no lunches served at the COA Meal Site located at the First Congregational Church.

July Menu - Lunch reservations must be made by the previous Wednesday. Call (978) 352-5726.

Lunch is served Monday through Wednesday at the First Congregational Church at 11:30 a.m. Cost is \$2.00.

Congregate meals are made possible in part by funding from the Older Americans Act as granted by Elder Services of the M. Valley

Nutritional information regarding meals is available upon request by calling the COA office at (978) 352-5726.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
4 Closed: Independence Day	5 Hamburger/Roll, Cheese, Mashed Pot, Mixed Veggies, Mandarin Oranges	6 Sausage/Peppers/Onions/Roll, Mashed Sweet Pot, Summer Veg, Blueberry Cake
11 LS Hot Dog/WW Roll, LS Beans, Chef's Choice Veg, Pineapple	12 Spinach/Mushroom/Cheese Frittata, Pot O'Brien, Carrots, Biscuit, Peaches	13 Chix Salad/Roll, Pot Salad, Cauliflower/Red Pepper Salad, Pudding
18 Breaded Chix Pieces/Honey Mustard Sauce, Peas, Pot, Oatmeal Bread, Fruit	19 Baked Scrod, Veg Couscous, Roast Butternut Squash, Honey Wheat Roll, Mandarin Oranges	20 Chix Meatballs/Sweet-Sour Sauce, Rice, Broccoli, Jello, Natural Grain Bread
25 Meatloaf/Gravy, Mashed Pot, Corn, WW Roll, Fruit	26 Chix Caesar Salad/Croutons, Pasta Salad, Beet Salad, Bread Stick, Yogurt	27 Baked Salmon/Dill Sauce, Brown Rice Pilaf, Seasonal Veg, Nat. Grain Bread, Fruit Loaf/Lorna Doone

July 1 is National Early Bird Day ~ Enjoy an energetic start to your day with a cool, filling

Mocha Protein Shake

Ingredients: 1 scoop (6 T.) chocolate protein powder ~ ¼ c. almond milk ~ ½ c. ice cubes
 1 tsp. instant espresso coffee powder or granules, steeped in ¼ c. hot water
 1 T. unsweetened baking cocoa ~ 1 T. ground flaxseed meal

Place all ingredients in a blender. Cover; blend on high speed until smooth. Pour into a glass. Serve immediately.

Makes: 1 serving



JULY VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 CLOSED: July 4th holiday	5 No Shopping Van— Brown Bag 11:30 Lunch 12:30 Strength Training	6 9:30 Visiting Nurse 10:00 Yoga (Note New Time) 11:30 Lunch	7 NO Mens' Breakfast in July 9:30 VAN: Walmart/SalemNH 10:45 Strength Training
11 9:00 SHINE (Appts. Only) 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	12 9:30 Van: Riverside Plaza 11:30 Lunch 12:30 Strength Training	13 10:00 Yoga 11:30 Lunch	14 9:30 VAN: Plum Island Airfield/Bob's Lobster 10:45 Strength Training
18 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	19 9:30 Van: Newburyport 10:00 Over the Hill Band 11:30 Annual BBQ lunch 12:30 Strength Training	20 10:00 Yoga 11:30 Lunch	21 10:30 VAN: Seabrook, NH 10:45 Strength Training
25 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	26 9:30 Van: Plaistow, NH No Free Legal Help in Jul/Aug 11:30 Lunch 12:30 Strength Training	27 10:00 Yoga 11:30 Birthday Lunch & Ice Cream Sundae Bar	28 10:30 VAN: Haverhill 10:45 Strength Training

Van Trips: The cost is \$2.00 roundtrip. The pick-up time for Tuesday shopping trips, as well as the monthly Thursday trip to Super Walmart in Salem, NH, is 9:30 a.m. The pick-up time for all other Thurs. trips is 10:30 a.m., unless otherwise noted. Please confirm pick-up times when you call. Make your reservations ASAP by calling the COA at (978) 352-5726.

